

ONE STOP SHOPPING

AT *Mae's*

Groceries, Confectionary,
Books, Records, Sundries,
Stationary, Gifts, Snacks

OPEN 7 DAYS A WEEK!

Mae's Country Mart
MINDEN

The HIGHLANDS Express

20¢

THIS WEEK'S SPECIAL:

1/2 PRICE! Acrylic

KNITTING
YARN

.99c Value!

Now .49 skein

STEOMANS

MAIN ST., MINDEN

Vol. 4, Number 9

R.R. 2, MINDEN, ONTARIO K0M 2K0

Telephone: (705) 489-2036

Wednesday, February 27, 1980

142 snowmobilers ride for crippled children

6th Whipper Watson Snowarama raises \$17,653 on Sun.

Minden — In cool, clear, beautiful Haliburton County weather on Sunday, 142 snowmobilers took off from Minden and Haliburton for the 86 mile Whipper Billy Watson, 6th Annual Snowarama for Ontario's crippled children, carrying pledges of over 18,000.00

Participation was up in the Minden area from 107 riders to 168, and raised over \$11,000.00. Haliburton had less than half of the 75 riders from 1979, down to 34, but these 34 riders brought in pledges of over \$6,600.00.

The 100 kilometer route, began at the Minden Community centre and travelled around Mountain lake, 12 Mile, Boshkung, through Three Brothers, Big and Little Hawk lake, Kennisis, Drag (Haliburton) Kashagawigamog, Canning, south and back to Minden the route was in great shape thanks to the efforts of the Haliburton County Snowmobile Association.

Free gasoline was once again available at each of the resting points, and most riders took advantage of the offer before heading out on the route. John Francis Fuels took care of the Minden riders while ESSO looked after the Haliburton riders. Oil was donated by RED-X.

Prentice Roads came through with three snow mobiles for the CHEX news team that covered this years Snowarama and Yamaha donated 7 machines for anyone who had pledges but where without a snowmobile. The organizers of the 1980 Snowarama would like to thank these businesses for generous donations, which made this year's Snowarama the success it turned out to be.

The top pledge rider in this years ride for Timmy, out of Minden was Del Taylor with \$1,495.00. cases of oil courtesy of Castrol.

Mr. Taylor won the Minden Rotary Trophy and two

The oldest rider in the snowarama, for the 6th straight year was DR. Hewitt 77, of Haliburton.

Argument results in \$2,000 in damage at Hollow Valley Pub

DORSET — On Saturday morning at 1:30 a.m., an argument broke out at the Hollow Valley Tavern near Dorset and more than \$2000 damage was the end result.

Two American visitors got into the argument around closing time and damaged the interior of the building as well as the bar, cash register and tables. Witnesses say the two then left the tavern and took off on snowmobiles.

Police report that Constables Pearson and Potter from the Minden OPP went to the Inn at Ox Tongue Lake where it was believed the two were staying, but found that they had checked out at about 2:30 a.m.

The two men have been charged with mischief for the incident at the tavern and border officials have been notified to detain them. As of Monday morning however, Minden OPP have yet to hear whether or not the two have been apprehended.

Latest snow a boon to trails in Haliburton County

The latest snowfall has made it possible for Cross-Country skiers and Snowmobilers to venture once again onto public trails in the area.

Purchase plan for leased cottage lots on Crown land

Canadian residents who have been leasing cottage lots on Crown lands in Ontario and now wish to purchase them will have a say in the purchase prices they will pay, Natural Resources Minister James Auld said today.

The new procedure, part of a cottage land lease conversion program, will apply to those lease-holders who signed lease agreements between 1971 and 1978, the Minister said.

"During that time, some 2,100 leases were granted but until the regulation changed in 1978, the lessees did not have any opportunity to purchase."

Mr. Auld said all rents paid to date for the leased properties will be deducted from the purchase prices estimated by the Ministry of Government Services land appraisers.

The appraisals reflect value of the land in an "undeveloped state," discounting any improvements lease-holders may have made to their lots.

"In other words, no one is going to be penalized by a higher purchase price just because extensive improvements may have been made to the lots by the individual lessees," Mr. Auld said.

"If a purchaser is dissatisfied with the appraised value he or she may get a second appraisal for comparison purposes, for which my Ministry will pay half the cost," he added.

If agreement still cannot be reached, the Ministry of Natural Resources may order, and pay for, a third appraisal and the appropriate district manager will use all three appraisals as the basis for further negotiations with the purchaser. However, the Ministry is not bound by any of the appraisals and further review procedures would be instigated in cases where the principals have been unable to reach a mutually satisfactory price.

Until recently a severe shortage of snow through out the Minden District had been hampering the grooming efforts of the Ministry of Natural Resources, and the local ski and snowmobile clubs, who with financial assistance from the Ministry, maintain winter trails for public use.

While the season has been gloomy for the trail users, the maintenance crews have taken full advantage of the free time, to brush, improve, and re-route trail sections which have caused minor problems in

past seasons. This trail upgrading will no doubt benefit the program for many years to come.

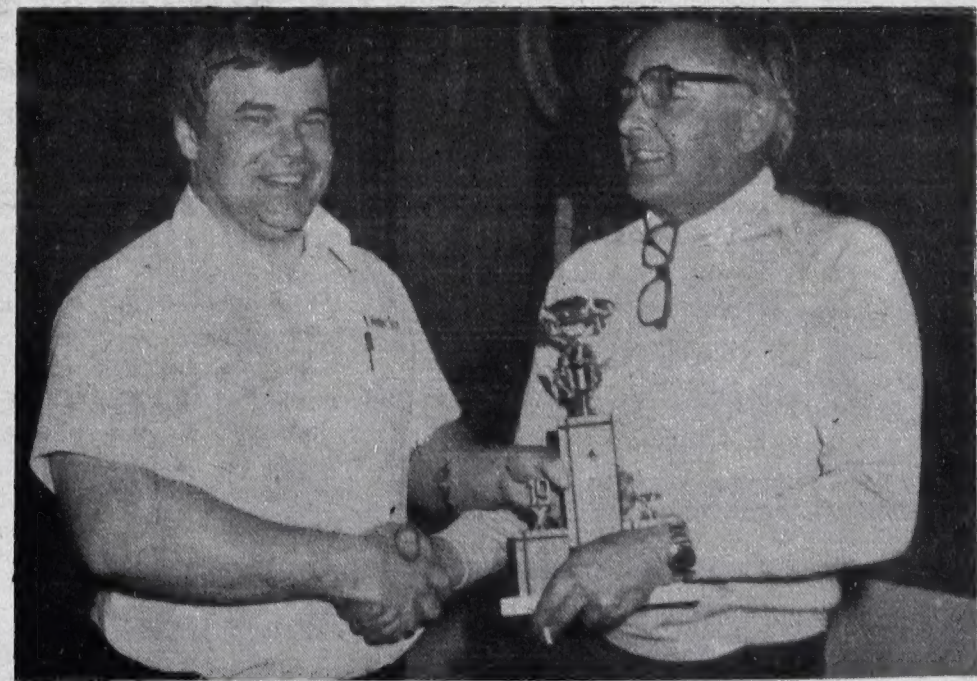
At this late date we do not anticipate sufficient snowfall to allow grooming to customary standards, however the last snow has made it possible to groom most of the trails, and they are in a suitable condition to provide a reasonably enjoyable outing.

The Minden District office of the Ministry of Natural Resources may be contacted for information on individual trails in the area. Anyone wishing to contact them may do so by calling 286-1521.



Nick Beck receives Rookie of the Year award

MINDEN — At the Cars-On-Ice races held at South Lake over the weekend, Nick Beck (right) of Willowdale was presented with the Rookie of the Year trophy from the Canadian Automobile Racing Association. The 20 year old ice racer also captured the Ont. Region Ice Race Overall championship, edging 17 year veteran John Gilroy of Toronto, 352-249. More results and pictures of the final weekend are on page 6 of this issue.



Bill Burch wins Dixie Lee trophy

MINDEN — On Saturday evening at the Community Centre, Bill Burch of Mississauga received a trophy from Dixie Lee Chicken as champion of the Minden area cars on ice races. Owner of the franchise, Ken Fielding presented the trophy. Bill is the dean of racing on ice and in rallies during the summer, having more than 17 years experience. Mr. Burch is a member of the British American Racing Club in Mississauga.

286-1748
1214

A Message for Big Business

By W. Roger Worth

There's a lot more to buying Canadian than meets the eye. While Canadian consumers are pressed with high-class, expensive, and subsidized advertising pleas to purchase products made in this country, many multinational companies apparently don't see the need to change their purchasing policies.

Developments such as the Shop Canadian program, as well as regional efforts like Atlantic Plus and Acheter

Roger Worth is Director, Public Affairs, Canadian Federation of Independent Business.

Quebecois, underscore the job creation and economic benefits to be derived from consumers spending their hard earned cash on home-grown — or manufactured — products.

Yet most subsidiaries of multinational companies, and even Canadian owned big businesses, appear to be reluctant to change their ways, replacing imports from the U.S. and other countries with components and end products manufactured here.

The evidence: even with a 15% decline in the value of the Canadian dollar vs the U.S. dollar in the last three years or so (the differential is

greater compared with some other industrialized countries) we're still importing as much or more manufactured goods from other nations.

What's the problem? Why aren't big businesses buying more Canadian made goods?

Generally, the multinationals claim Canadians aren't aggressive enough in promoting their products.

Smaller manufacturers, on the other hand, argue this is not the case. They claim major companies in the big automotive, department store, and a variety of other fields are afraid to try something new, such as purchasing products in Canada.

"We seem to get the short end of the stick, even though we can provide quality and service at a better than competitive price," says an Ontario auto parts manufacturer. "The big companies just don't want to change their buying habits."

Instead of importing more and more foreign made goods, big business in Canada should take a second look at what's available in this country. Otherwise, Canadians may get upset when they see jobs being siphoned to other nations.

By making a real effort to "Buy Canadian," major firms would deserve a pat on the back. It's a point worth noting.

Energy Ministry announces builders guide for consumers

Calgary — Ontario Energy Minister Robert Welch today announced the release of a new 138-page publication, Builders Guide to Energy Efficiency in New Housing, to assist Canada's home building industry in designing and constructing energy-efficient homes.

The guide, a joint project of the Ontario Ministry of Energy and the Housing and Urban Development Association of Canada (HUDAC), was unveiled today at the HUDAC convention in Calgary, Alberta by Malcolm Rowan, Ontario's Deputy Minister of Energy.

"I am very proud of my Ministry's involvement in this project," Mr. Welch said. "Through HUDAC, the Builders' Guide will benefit builders and home-buyers in every region of Canada, not just Ontario."

The Ministry of Energy provided technical and financial support for the Builders' Guide, while HUDAC co-ordinated its preparation. Assistance in the preparation of the Guide was also provided by the Ontario Ministry of Housing, the Ontario Ministry of Consumer and Commercial Relations and Ontario Hydro.

Mr. Welch said he hopes this guide will have a major impact on new housing across the country.

"What we have developed is a Guide which will provide builders with the kind of information they need in their day to day activities and which will achieve practical energy conservation results", Mr. Welch said.

"I really must commend Hugh Molland of HUDAC for his excellent work and dedication in the prod-

uction of the guide," Mr. Welch added.

The Builders' Guide is aimed specifically at the construction of low-rise housing such as single-family dwellings, townhouses, duplexes and three-story walk up apartment buildings, which are the most prevalent form of housing in Canada today.

It is composed of nine sections covering such subjects as the need for energy efficiency, design space heating and cooling, hot water systems and lighting and appliances.

HUDAC President Kith Paddick said "The guide will be of great value to the residential construction industry which, for the last few years, has played a leadership role in Canada's efforts to conserve energy."

"Today's home buyers are more aware than ever before, not only of the need to conserve energy, but of the increasing cost of operating a home."

"I feel our industry has responded well to these concerns, and the guide will go a long way in helping us achieve these dual objectives, and the simplified form in which the material is presented will appeal strongly to all builders," Mr. Paddick added.

Most building codes across Canada already provide for a relatively high level of energy efficiency, a significant improvement over building codes which were in effect up until the mid-1970's.

The present housing stock in Canada is about seven million units and it is expected that there will be a 30 per cent increase (about 2.1 million units) during the 1980's.

"It is our hope that the Builders' Guide will contribute towards making this new housing stock as energy-efficient as is practically possible," Mr. Welch said, "and that it will make a significant contribution towards securing our energy future."

STANHOPE NOTES

by A. F. Stevenson

STANHOPE — Patrons of the former Stinson's Store at Halls Lake will soon see a new sign bearing the new name of the store and restaurant. Always a popular spot with area people, Stinson's Store will now become "George Hector's" and the sign will display a likeness of "George Hector's" impressive features.

Patrons of the dining room will find themselves under the scrutiny of George Hector while Mr. and Mrs. Jones, the proprietors, are busy attending to business. George Hector is the mounted head of a Musk Ox and is one of a number of interesting items acquired by the Jones' when they were living at Cambridge Bay.

Mr. Jones speaks warmly of the Eskimo friends he made while in the Arctic area, where both he and Mrs. Jones were employed for some time. They are a very friendly couple and we found it easy to form a bond of friendship with the silent and unblinking George Hector.

While at the meeting of County council last Wednesday, we were interested in the presentation about solid waste disposal sites provided by a representative of the Ministry of Environment. Council members were advised of a program carried out by the ministry to assist municipalities in locating new

dump sites by paying half the cost of the study. The remaining portion would be spread over the townships within the county.

Deputy Reeve Francis of Snowdon objected any action by county council until the various township councils had an opportunity to approve or reject participation by their municipality. He was supported in his stand by most members including Stanhope's Reeve Harrison and Deputy Reeve Stouffer.

The study would no doubt serve a useful purpose in meeting future disposal needs of the area, but we would like to see some thought given to the term "solid waste disposal" and its definition, as well as the implications of any such sites located in the area.

Haliburton Highlands Guild of Fine Arts made a request for a grant and surprised us when it was pointed out that they have a membership of about 260 people.

The Whipper Billy Watson Snowarama will be over by the time this appears in print and if all participants can match the efforts of Yvonne Penney the fund should have a great outcome. Yvonne has accumulated an excellent list of sponsors and she will no doubt cover the miles to make her efforts pay off for the crippled children's fund.

Re: The Airport Committee — All we will say is be sure and attend the dance March 15th, call Stan Moore or Derek Rolfe about tickets.

Advertising... points the way to better buys.

WATCH US . . .

ON TV THIS FRIDAY, FEBRUARY 29th ON THE TOMMY HUNTER SHOW —

REVEREND KEN
and the Lost Followers
— BLUE GRASS COMEDY —

See Us In Person . . .
AT THE

DOMINION HOTEL
MINDEN

FRIDAY & SATURDAY, MARCH 7th and 8th

MR FOGG'S FEAST

Come to our FOGGY BOTTOM this Saturday evening & be served our famous fun filled feast.
Eat with your fingers
(or forks)
drink & be merry.

Feasts served every Saturday
between 5 p.m. to 10 p.m.
Bar open till 12 p.m.

— Entertainment —

In beautiful downtown (705) 489-2211
CARNARVON — MR. FOGG'S
Hwy. 530 - 35 OPEN ALL YEAR

Minden woman charged after 2 car collision, \$4,000 damage

MINDEN — OPP report the following activity for the past week in the Haliburton County area. There were three cottages found insecure, two compassionate messages delivered, five persons were charged with snowmobile violations, two people were charged with impaired driving and five persons were charged with parking that interfered with snow removal.

Minden OPP also investigated six reportable vehicle collisions and 55 other occurrences in the last seven days. In four of the collisions, more than \$8300 in damages were set, two people suffered minor injuries and two persons were charged.

Early last Tuesday morning at 8:30 am, a two car collision occurred on Hwy. 35 south of Minden. Angus MacInnes 48, of Haliburton was southbound when a car driven by Phyllis Wood 55, of Minden, entered the hwy, from a private road. Wood stopped her car in the southbound lane and collided with MacInnes' car. Police report that they have charged Wood with failing to yield following the collision.

Both cars sustained \$2000 damage in the mishap. PC Brian Dunham.

On Wednesday afternoon at 4:30 pm a Wilberforce man suffered minor injuries in a single car collision. Malcolm Jones 24, was northbound on Hwy. 648 near Harcourt, slid off a curve and his car went into the east ditch and struck a tree. The car was damaged for \$1500 and police have charged Jones with having no insurance and failing to report a collision forthwith. PC Ron Buchanan.

On Tuesday evening at 7:10 pm, a Haliburton woman suffered minor injuries when her car struck a tree. Dawn Brohman 34, was eastbound on North Kashagawigamog Lake Road when her car entered the south ditch and hit the tree. Police report damages totalling \$1800. PC Smith.

Sunday afternoon at 4 pm, Joseph O. Waite, 18 of Minden was southbound on Hwy. 35, lost control of his vehicle on a curve, struck a rock cut in the west ditch. Damage, \$1000. PC Eveligh.

Haliburton Highlands
the heart of getaway country



ENTERTAINMENT

Kinsmen Support Cystic Fibrosis Foundation



Brian Hayton President and David Eakins Cystic Fibrosis representative of the Bancroft-Cardiff Kinsmen Club, present cheque for \$25 to Larry Amyotte Chairman for Cystic Fibrosis District 8, Zone C.

The Glengarry Tavern in Bancroft was the setting for the February 18th combined meeting of the Bancroft-Cardiff Kinsmen and the Kinette Clubs. The main purpose of the meeting was educational. The Kinsmen have been involved with supporting the Cystic Fibrosis Foundation for 17 years but the newer members felt the need to learn more about this disease and everyone wanted to know what was being done to help the victims.

Paving the way for the serious part of the evening was a bounteous and delicious meal provided by the Glengarry Tavern. A Chinese Auction was conducted at

which \$25 was raised to support cystic fibrosis research.

The guest speaker Larry Amyotte, was introduced by Dave Eakins, the local club's cystic fibrosis representative. Mr. Amyotte is from Minden and is the C.F. Chairman for Zone C, District 8. He described C.F. as a 12 month, 365 days a year problem for all the life of the sufferers and their families. In 1978-79 the budget for the foundation was \$1,711,000. The money is raised in various ways. The Kinsmen provide 34% of the total. In explaining how the money is spent Mr. Amyotte said that 6% is used for administration costs, 9% for

meetings to educate the public, 75% is granted to research and care and treatment centres and some goes to pay the doctors doing research.

The guest speaker showed slides illustrating what a person with C.F. must go through to stay alive. Cystic Fibrosis is an inherited genetic disease and shows up in very young children. The slide presentation showed the life of a girl whose disease was diagnosed at 6 months. The disease is characterized by the build up of mucus in the lungs. As well as the need to take

massive amounts of drugs and vitamin preparations at each meal, the patient needs special treatment and equipment to help loosen the mucus and draw it out of the lungs. If the mucus is allowed to build up it is a breeding place for infections. A 2 months supply of drugs cost \$950. The daily treatments include postural drainage in which the patient lies on a sloping board, head downwards, while being slapped sharply on the back to loosen the mucus.

Seventeen years ago the life expectancy of the patient was 3-4 years. This has been increased slightly but much more research is needed to find a cure or at least improved methods of treatment. "A public awareness campaign is needed," Amyotte concluded.

The local Kinette club has raised at least \$80 already and the Kinsmen will be donating more at the District Conference.

In the News



SEN. HOWARD Baker (R-Tenn.) continues to chase the brass ring for the GOP presidential nomination. New Hampshire was his most recent vote outing.

NOW OPEN
Specializing in Canadian & Chinese Foods!!
Dinners for 1 to 6 persons, OR Ala Carte.
THE WAGON WHEEL
Hwy. 35 South For reservations call 286-2794



The Beaconbrook Hotel

★ ENTERTAINMENT ★
Back by popular demand:

"SHANNON"
DINING ROOM OPEN

For Reservations, phone: 457-1710

Hwy. 519, Haliburton

Haliburton Hayloft Restaurant

licenced under L.L.B.O.

"is not just another place to eat"

OPEN SUNDAYS

2:00p.m. - 8:00 p.m.

CLOSED MONDAYS

457-1071

HAYLOFT

ENTERTAINMENT
Thurs. Fri. & Sat.

HANS GALORE
Back by popular demand!

Homestead

Schnitzel House
(Licensed under liquor board)

Swiss Bavarian Cuisine

Our Only business is food, GOOD FOOD!
on the Minden by-pass 286-2118

FITNESS NOW!

Time for fitness
is time on Your Side.



SHAMROCK SERVICE CENTRE

PRONTO MUFFLER CENTRE

CHECK THESE FEATURES:
• Free Exhaust and Shock Inspection
• Free Installation - 30 Minutes or less
• Lifetime Guarantee - Nationwide
• All Makes and models - Domestic Foreign and Industrial
• Professionally Trained Personnel
• Customize California Installation

COMPLETE LINE OF
TRUCK & PASSENGER CAR
TIRES

457-2681

Ross Mark, Proprietor
HALIBURTON - ONTARIO

UNIROYAL

Dealer-Distributor

Beaver Theatre
MINDEN, ONT.

MOLOU Theatre
HALIBURTON

A STAR IS BORN



"ONE OF THE BEST PICTURES OF THE YEAR"
FIVE MAGAZINE
the GOODBYE GIRL
ADULT ENTERTAINMENT



A gift from Heaven...
or a curse from Hell!
The Godsend
For God's sake take it back!



BRUCE LEE - SUPER DRAGON

108 riders leave Minden with \$11,000 in pledges for Timmy

MINDEN — The 6th annual Whipper Watson Snowarama held in Haliburton County on Sunday saw 142 riders carry pledges totalling close to \$18,000.00 for the crippled children fund. Here, four riders check in at the Minden Community Centre with Rotarians Paul Sisson and Gerry Rome before leaving on the 86 mile route around some of the Counties prettiest lakes and trails. 108 riders left the Centre between 7:30 and 9:30 am, making it the largest turnout in Minden in the six year history of Snowarama. The 108 riders had pledges totalling over \$11,000.



Ask Alma

Dear Alma:

I am very fond of a tall, well-built bachelor who lives alone with his four horses. My problem is that I can't trust him because he doesn't always tell the truth. Still, there is something about him that intrigues me. Do you have any suggestions? We are both in our sixties and time is a'wasting. — F.B.M.

Dear F.B.M.:

If you can't trust him, never turn your back and make sure you leave the barn door open. In other words, be realistic, enjoy his company and don't look for any permanent commitments.

Dear Alma:

My husband bought me a gadget for Christmas called "Diet Conscience."

This awful thing hooks up to the refrigerator and every time I open the door it sniggers, "Are you eating again? Shame on you! No wonder you look the way you do. Ha ha ha. You'll be sorry, Fatty," and then it tells me to shut the door.

I am so hurt and angry I haven't spoken to my husband since. What kind of man would buy a gift that insults his wife? — Only a Little Chubby

Dear O.L.C.:

One who didn't have the heart to tell her himself. It's time to take an honest look

in the mirror, doll, while Hubby still thinks your being chubby is funny. Get the picture?

Mainstream Canada

Bigger May Not be Better

By W. Roger Worth

Governments in several provinces are taking a second look at the economic and social impact of the massive shopping centre developments that have permanently changed the face of the Canadian landscape.

Prince Edward Island, for example, has passed legislation that places a moratorium on new mall developments. Nova Scotia has tightened regulations relating to new shopping centres and Quebec and provinces in Western Canada are not far behind.

Roger Worth is Director, Public Affairs, Canadian Federation of Independent Business.

The reason for all the activity: shopping mall developments have proliferated to the point where overbuilding has become the order of the day in even the smallest of Canadian communities.

One successful, reasonably-sized shopping centre, it seems,

results in an even larger unit designed to win sales from the original development. Then a third mall may enter the competition, many times ensuring there isn't enough business to go around.

Meanwhile, traditional independent businesses in the downtown cores of Canada's communities are caught in the middle of the shopping centre fray.

Mall developers aren't seriously interested in having them as tenants (more than 80% of the businesses in shopping centres are owned by major national companies) and the odds are stacked against smaller downtown retailers.

In survey after survey, independents represented by the 55,000-member Canadian Federation of Independent Business contend they are being treated unfairly, which is one reason some provinces are placing restrictions on new shopping centre developments.

One shopping centre in a small community may increase

competition. A second may be viable. But the overbuilding of shopping centres based on the bigger-is-better syndrome is creating horrendous problems.

It's time every provincial government in the country reassessed policies on such developments. Canada's traditional independent merchants deserve to be treated fairly.

Suburbia



"So you want a second opinion. Come back the day after tomorrow."

Musings

The first boys to attend a boarding school probably were Daniel, Shadrach, Meshach and Abednego. They were carefully selected and given a special diet.



WEDDING INVITATIONS

Forever Yours
INTERNATIONAL OF STRATFORD

Choose your wedding invitations with complete confidence from our elegant selection, which includes many styles and all the complementary accessories.

Our wedding gift to you...
We keep a copy of your Invitation process in luxurious gold.

We also have personalized wedding napkins, matches and cake boxes.

The Highlands Express

R R. 2, Minden, Ontario 489-2036

Women's Institute meeting

The Feb. meeting of Minden Women's Institute was held at the United Church hall last Wednesday afternoon. The president Mrs. Clare Brown opened with a verse "Door to Opportunity." She was assisted by secretary Mrs. J. Hulbig and treasurer Mrs. A. S. Kernohan both giving their reports.

Mrs. Brown welcomed all the ladies and 25 members and two guests were present. Mrs. W. Moore reported sending 29 cards since the last meeting to sick people and shut-ins. Thanks were given from several people receiving a card.

There was some discussion about catering for a wedding buffet and this was declined due to the late evening hour.

Slips were passed out and it was decided by the majority that Kitchener will be the destination of our spring bus trip with Mae Wolfram arranging this for us. The committee to judge school fair exhibits are Mrs. C. Brown, Mrs. B. Harrison, Mrs. V. Martin and Mrs. J. Sears with judging to be arranged at a later date.

The meeting was turned over to Mrs. M. Bunker with the topic "Citizenship." She began with each standing and welcoming all their neighbours, then we sang the old "Institute Song" which had been sung when Mrs. Bunker's mother was a WI member. She then read an inspiring and informative paper on citizenship giving us many more new ideas which we should use.

After this there was a quiz on Canadian Facts with Mrs. Ern Hewitt getting the top prize. The grocery basket drawn was held Feb. 19th with a Mrs. H. Richards of Aurora winning with ticket number 343.

There was a vote of thanks to all who had helped make the catering day at the opening of the Toronto-Dominion bank so successful.

The meeting closed with WI Grace and our National Anthem and all enjoyed the delicious lunch served by the committee.

Our next meeting will be at St. Paul's parish hall at 2 pm on March 19th with Mrs. Ern Hewitt having the topic. All ladies are invited and we welcome any former WI members.

Jeanne Sears, PRO

Ontario Tax Credits

by Allison Reid
Information Officer

It's income tax filing time — and time to claim your Ontario Tax Credits. The program especially helps senior citizens and people on low to moderate incomes pay their municipal property taxes or rent. There are three credits based on age, income and family circumstances. You may be eligible even if you have no taxable income.

The first is the Property Tax Credit which may be claimed by homeowners, renters and roomers. This credit helps to offset the property taxes or rent you paid in 1979.

The second is the Sales Tax Credit, available to people not claimed as dependants on another person's income tax return. This credit offsets provincial Retail Sales Tax according to your income and number of dependants.

The third, the Pensioner Tax Credit, is a further financial help to people 65 years and over. Even if you pay no rent or income tax you may be eligible to claim \$110.

A fourth credit, the Political Contribution Tax Credit, was introduced to encourage people to take more interest in provincial politics. Unlike the first three credits, this credit is not based on age, income and family circumstances. To be eligible you must have provincial tax payable in excess of any of the first three credits to which you are entitled.

To claim these credits you must file a federal income tax return together with the Ontario Tax Credit form included in the income tax kit.

The telephone Information Centre staff at the Ministry of Revenue speaks 18 languages. Call one of these numbers, free of charge, if you have any questions.

- If you live in Metro Toronto, dial 965-8470.
- If your area code is 807, ask the Operator for Zenith 8-2000.
- All other Ontario residents, dial 1-800-268-7121.

Dr. Peter Bennett named new large animal vet for County

Dr. Peter Bennett of RR 2, Minden, has been recommended as the new Assisted Large Animal Veterinarian for Haliburton County. This recommendation was made last week by the Haliburton County Vet. Services Committee to the Ontario Ministry of Agriculture and Food in Toronto.

Dr. Bennett's appointment will commence on April 1, 1980. He will succeed Dr. Wm. VanderWekken, whose contract ends on March 31.

Recovery process isolates cobalt

Cobalt may soon be recovered from geological materials containing high levels of arsenic, Natural Resources Minister James Auld announced today.

The Minister released results of a feasibility study on recovery of cobalt from ores and mine wastes. The environmental hazard posed by arsenic can be averted by using either of two processes described in the report.

In one, the Sill process, arsenic is dissolved in a caustic solution, leaving cobalt as an insoluble compound. In the Calera process, pressurized acid treatment rejects the arsenic, leaving cobalt soluble.

Work was carried out at the Ontario Research Foundation with assistance from Canadian Smelting and Refining (1974) Limited, operator of a major refinery at Cobalt.

The Minister hopes other companies will follow the lead of Canadian Smelting which is implementing one of the processes.

"The company has a modern refinery in Cobalt, and its successful recovery of cobalt using the new process will lead to increased employment and economic stability in the town," said Mr. Auld.

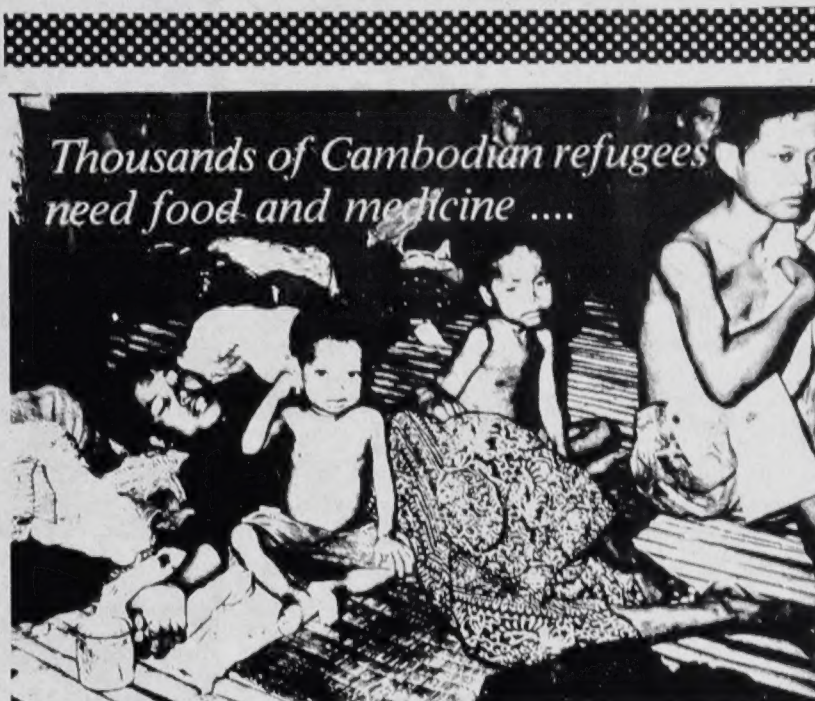
The study can be read at the Mines Library, 8th Floor, 77 Grenville Street, Toronto. Photocopies of a report on the processes can be arranged through Paragon Industrial Photographic Reproductions Limited, 1169 Ellesmere Road, Scarborough.

"Children in whom there was no blemish ... and skillful in all wisdom, and cunning in knowledge, and understanding science ... and whom they might teach the learning and the tongue of the Chaldeans. And the king appointed them a daily provision of the king's meat, and of the wine which he drank ..." — Dan. 1:4,5

A number of livestock owners from Haliburton County attended a meeting on Feb. 18 to discuss the Veterinary program in the County. They gave full support to the committee to continue an Assisted Large Animal Practice.

The subscription fee for 1980 was set at \$20 per livestock operation. Participating livestock owners are eligible for specific benefits when the assisted vet treats their large animals. In addition, the entire County benefits from having a Veterinarian resident in the area.

The Haliburton County Vet. Services Committee will be holding their annual meeting in Minden on Monday, March 17 at 7:30 pm. All livestock owners are encouraged to attend.



Here is my donation to the

CARE

**Fund for
Cambodians**

NAME

ADDRESS

CITY

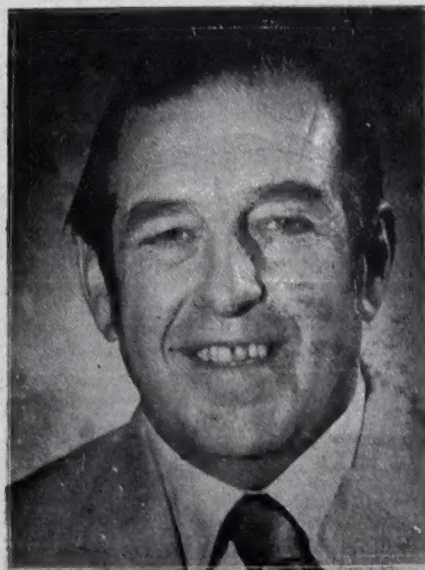
PROV

POSTAL CODE

CARE CANADA, 1312 BANK ST. OTTAWA K1S 5H7

TO ALL MY CONSTITUENTS IN VICTORIA-HALIBURTON

**YOUR WARM EXPRESSION OF
CONFIDENCE IS GREATLY
APPRECIATED.**



**I will do my best
to serve you.**

PLEASE FEEL FREE TO
CONTACT ME —

**OTTAWA (613) 992-0611
LINDSAY (705) 324-1664**

Thank You

Bill Scott, M.P.



**Home
Hardware**

SPECIALS:

Paper Towels	1.09
Kleenex	.69
Toilet Tissue	1.19

(WHILE THEY LAST!)

MAIN STREET MINDEN

Tom Prentice 2nd in Overall Consolation

Ontario Ice Race Championship won by Rookie of the year

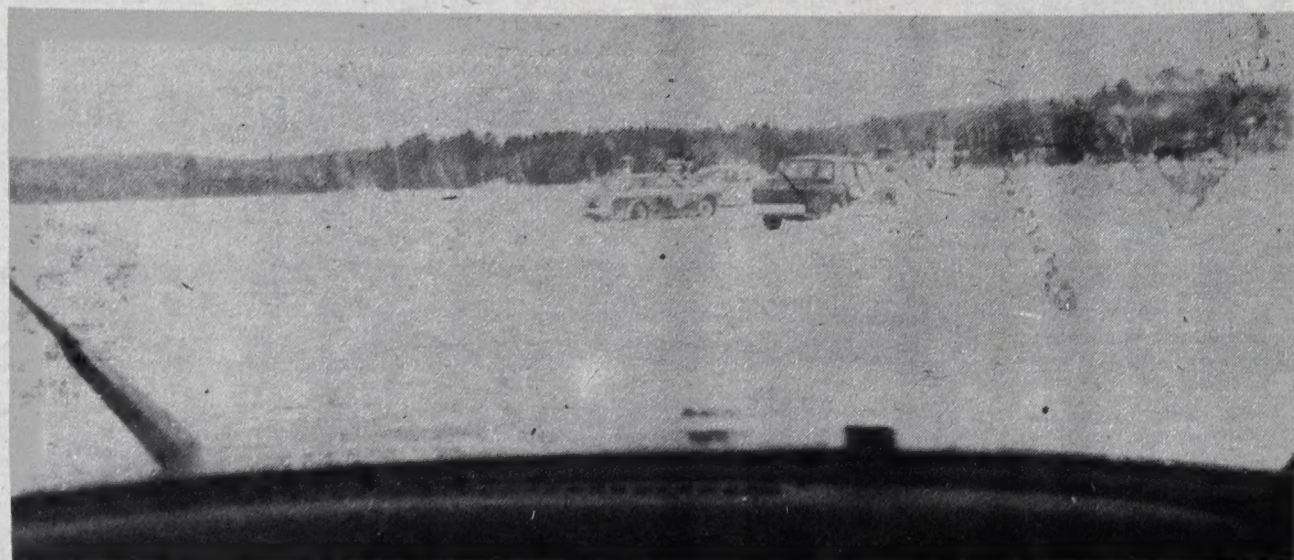
MINDEN — Nick Beck of Willowdale, Ontario will long remember the final day of Cars-On-Ice races that were held in Minden on Sunday at South Lake. Beck is a member of the MG Car Club and is in his second year of driving on the Ice Race circuit in Ontario. Drivers who join car clubs to ice race do not receive points towards overall championships in their first year. Beck showed a great deal of promise last season according to executives of the Canadian Automobile Sport Club, and they expected fine things from this driver in the 1979-80 season.

On Sunday, the final point standings were posted and Nick Beck stood in first place among some of the finest ice race drivers in the province, including John Gilroy and Bill Burch who have won many of these overall championships in their close to 17 years of racing on both ice and in rally's. Beck finished first in the Ontario region ice race championships with 352 points followed by Gilroy of Toronto with 349 and Burch of Mississauga with 337. Fourth place went to veteran driver, Rick Gauer of Oshawa. Prior to receiving the Overall championship trophy for the season, Beck received Rookie of the Year award.

On Saturday evening, after nine races at the South Lake track, the Peterborough Motor Sport Club and Minden Kinsmen, sponsors of the races, held a trophy presentation and dinner and dance for the drivers. The presentations were for the Minden Area Championships in both Feature, and Overall winners. The points were awarded for the six days of racing held this year. The Overall champion was Bill Burch of Mississauga, second was Rick Gauer of Oshawa and third went to Tony Sharpe of Bolton.

The Feature race champion for the six, meets was John Gilroy of Toronto, second went to Bob Attrell of Brampton and third was won by Ross Eddie of Mississauga. The Overall Consolation champion in the Minden races was Ross Eddie's wife, Anne. Second place just a few points behind was Minden's own Tom Prentice, who drives out of the PMSC. In the Feature race last Sunday, Walt Smith of Willowdale was the winner, closely followed by John Gilroy. Third spot went to Ross Eddie.

This reporter got his first taste of actually experiencing what it is like to go around a mile ice oval when he was invited to be the co-driver for second place John Gilroy in the 15 lap Feature. The race on a very slippery track, saw our Honda Civic hit from behind twice during the race on the hairpin curve at the south end of the lake, squeezed off the track on the back stretch in the fifth lap, only to get on off the snowplowed cone back onto the track and into the race. The race also had its tough moments for one driver as his Austin Mini caught fire going into the backstretch on the ninth lap and burnt beyond repair.



Sports View



IS JOGGING A new fad? Not quite. Clarence De Mar holds the record for most victories in the famous Boston Marathon. He won seven times between 1911 and 1930.



Sports Page

by CLIFF BURKE



Walker Lumber Midgets get to All-Ontario quarter finals

MINDEN — After dropping the first two games of their best three out of five series to Bobcaygeon, Walker's Lumber midgets turned their fortunes to wins in the next three encounters winning 6-2, 4-0 and the fifth and deciding game at the Centre on Saturday evening 4-2, with the leadership of Ron Yake, Davie Lennie and solid netminding by Terry Crowe, Minden turned the series.

In the fourth game at Caygeon on Feb. 18th, a solid team effort allowed Minden to blank Bobcaygeon 4-0 and tie the series two games each. Shawn Chapman and Yake each scored in the last minute of the first period and that proved to be the game. Harold Porter, who continues to play the finest hockey for this season, scored in the third and then set up linemate Ivan Ingram for the fourth goal.

On Saturday here in Minden for the fifth and deciding game, Minden came out sluggish falling behind 1-0 with one minute left in the period on a goal by Shane Lewis. However, with 18 seconds on the clock, Harold Porter tied it. Bobcaygeon went ahead 2-1 just 27 seconds into the second, on a goal by Lawny Woodcock, but that was it for the visitors. Porter tied the game for Minden and Chapman and Ingram scored in the third. Minden now meets Warsaw in the All-Ontario Quarter-finals. Watch for dates and game time.

1000 Lakes ladies Colt 45 Classic team advances to Provincials

Two weeks ago the Colt 45 Classic, regional roll-offs took place in Campbellford and Belleville. The 1000 Lakes Association sent three teams to compete in the men's, ladies and mixed.

For the second time in five years, 1000 Lakes came through a winner. The ladies team, bowling in Campbellford rolled 567 pins over their average to take the top spot and advance to the Provincial finals to be held in London in March. The ladies were Ruby Francis, Alexis Everson, Lenore Hillier, Boots Jones and Brenda Hass.

The men's team also competed in Campbellford and placed 3rd while the mixed team bowled their regionals in Belleville and placed 2nd.

Shootout ends with P. Carling edging Dollo juveniles 8-7

MINDEN — The fourth game of the best three out of five playoff series between Minden and Port Carling's juveniles Friday evening resulted in a real shoot-out. The two teams were tied in this playoff series with three points after the first three games. With very little defense by either team, the goaltenders were left to their own resources to stop the big shooters on each team and it looked like whoever shot the last goal would win. Carling got lucky and scored with just 13 seconds left to win 8-7.

Port Carling went up 2-0 in the first and two minutes later Minden's Tim Davies scored followed by Kim Hamilton tying the game. Carling went up another one before Minden got two goals in three minutes from Hamilton to go ahead 4-3 at the end of the first.

Garry Harrison then opened the scoring in the second, then Carling cut the lead to 5-4. Seven seconds later Davies scored to restore Minden's two-goal lead. However, Paul Kingbeil scored twice in 10 seconds to tie the game 6-6 at the end of two.

The third period opened with tight checking by both teams but Klingbeil put Carling ahead. Davies came back with his third of the night four minutes later to tie the game 7-7. It looked like the teams were heading for overtime, but officials in the final two minutes called two penalties on Minden and one on Carling and with the man advantage Carling got the goal with just 13 seconds remaining.

Cary Cain scored twice for Port Carling, Robert Ball and Allan Brown got the others.



Welch's

foodtown market

SLICED ROUND

STEAKS 2.59 lb

BONELESS SIRLOIN — Lb.

Tip/Rump Roast 2.59

SIRLOIN, PORTERHOUSE or WING

STEAKS 2.79 lb

SHOPS FANTASTIC

WEINERS 2 1 lb. pkg. 1.99

BRUNSWICK — tins

Sardines in Oil 3/.99

CATELLI 2 lb.

MACARONI .99

2 Lb.

Nestle Quik 1.99

RED ROSE ORANGE PEKOE — 60

TEA BAGS 1.75

BOUNCE SHEET — 40s

Fabric Softener 2.29

OXYDOL 6 Litre

DETERGENT 3.19

BODY ON TAP, 225ml, Normal, Oily, Dry

SHAMPOO 1.49

5% discount to all card carrying Seniors Mon. thru Thurs.

FREEZER ORDER NOT INCLUDED

***** FOR YOUR FREEZER *****

Grade A Rail Hung Beef - Sides 1.63 lb; Hinds 1.89 lb

Prices include Cutting & Wrapping to your requirements.

Open Mon. thru Sat. 9 am.-6 pm.; Tues. & Fri. til 9 pm.

Havelock couple off to Prov. win Zone High Low doubles

Carnarvon — On Sunday at Carnarvon lanes, 36 couples took to the alley's, in two shifts, in the annual High Low Doubles Zone round, sponsored by Ontario 5-pin Bowlers Association.

The Tournament consisted of 3 games, with the most pins over average declaring the winners, who will represent 1000 lakes bowlers association at the Provincial Championships.

This years winners are Charles Cronkright and Marjorie Doyle of Bel Mar Bowls in Havelock. The amazing thing about this is that Mr. Cronkright is 79 years young and came up with games of 260 and 292 to lead his team to the Provincials with 302 pins

Let's Go Snowmobiling

How to Start in Snowmobiling

In case you're one of those people who gets tired of looking at television and can't stand being groomed those trails and other inside after the first two weeks of clubs which are concentrating on winter, you're probably a good cross-country travel and socialization candidate for snowmobiling.

any sport or worthwhile endeavor there's a right and wrong way to do things. The Ontario Snowmobile Industry Association suggests there are several ways to get started in snowmobiling. First, look in the Yellow Pages of your telephone book to find out where the nearest snowmobile dealer is. He's a good source of information for contacting your local snowmobile club, and has dropped dramatically. Now, "presto" you have the introduction to many years of fun and recreation. The club members are open to equal the sound of one of them that you are interested in. In fact, a modern snowmobiling the sport. They will probably be pleased to take you for a ride, show you where the trails are located, show you their club machines are now more comfortable and introduce you to the new friends. After a while, you'll wonder how you spent so much time in front of the television set before you discovered snowmobiling!

You will also discover your club may belong to the Ontario Federation of Snowmobile Clubs which operates driver training courses, holds social

produces a snowmobile After you've made contact with a local dealer or club, you'll find out for yourself why snowmobiling is so much fun. If you have any questions you may also contact the Snowmobile Information Centre of the Ontario Snowmobile Industry Association, P.O. Box 951, Stn. Q., Toronto, Ontario M4T 1L0 or telephone (416) 923-4459.

throughout a very busy winter calendar. As you get into snowmobiling, you will find that there are clubs which concentrate on building snowmobile trails, close connections with the local Ontario Provincial Police.

In certain areas clubs are or-ovour there's a right and wrong way to do things. The Ontario Snowmobile Industry Association suggests there are several ways to get started in snowmobiling. First, look in the Yellow Pages of your telephone book to find out where the nearest snowmobile dealer is. He's a good source of information for contacting your local snowmobile club, and has dropped dramatically. Now, "presto" you have the introduction to many years of fun and recreation. The club members are open to equal the sound of one of them that you are interested in. In fact, a modern snowmobiling the sport. They will probably be pleased to take you for a ride, show you where the trails are located, show you their club machines are now more comfortable and introduce you to the new friends. After a while, you'll wonder how you spent so much time in front of the television set before you discovered snowmobiling!

lamps and the array of stop lights and tail lights. Because of the ease of handling and comfort-able riding the snowmobile industry is prospering and expanding in Ontario.

After you've made contact with a local dealer or club, you'll find out for yourself why snowmobiling is so much fun. If you have any questions you may also contact the Snowmobile Information Centre of the Ontario Snowmobile Industry Association, P.O. Box 951, Stn. Q., Toronto, Ontario M4T 1L0 or telephone (416) 923-4459.

over their combined averages.

The top eight couples received beautiful gifts at the Zone Round Sunday, from the O.F.P.B.A. There will be more than \$2,000 worth of prizes at the Provincial Round next month.

Finishing second from Fenlon Falls was the team of Joyce McMaster and Norma Foster with 239, third was Kay Osler and Leena Kwista with 162 from Fenlon. Fourth place went to Merle Nelson and Dave Bailey of Bancroft with 144, fifth, from the Golden Age league at Carnarvon, Claire Lyttle and Morris MacLachlan with 91, another Carnarvon team, from the Men's Commercial were sixth with 87, Gord Everall and Jim Wilson. Seventh place with 71 came another Golden Age pair from Carnarvon, Ida McLachlan and Lil Martin and eighth place went to the Bancroft twosome of Sandra Tripp and Burt Jones with 60.

Novices win pair, down Hal. 4-1 and Wilberforce 11:0

MINDEN — It was a very successful week in the MMHA playoff picture as Minden played seven games up to Saturday evening winning six and losing one.

The Tykes downed Haliburton 6-0, Novices beat Haliburton 4-1 and Wilberforce 11-0, the Atoms took Omeme 3-1 the Tri County Bantams blasted Cannington 10-0 with just six players, the Midgets blanked Bobcaygeon 4-0 and 4-2 and the Juveniles lost 8-7 to Port Carling.

In the Tyke contest played Saturday in Haliburton, Randy Bull came through with a hat trick for Minden, Erin Hie netted a pair and Leigh Rayback had a single.

The Novices were energetic also Saturday, playing Haliburton in the morning and then travelling to Wilberforce in the afternoon. Sheldon Steveson led the team over Haliburton scoring twice while Jeff Francis and Joey Boyle had one each. In Wilberforce it was the Russell-Francis duo who put on a big scoring display for the fans. Russell netted five while Francis chipped in with four. Stevenson and Boyle added singles in their romp over Wilberforce.

The Tri County Bantams surprised even themselves on Saturday in Cannington, when they took to the ice with just five skaters and a goaltender, due to the flu. That didn't stop them though as they came up with their biggest win of the year 10-0. Andrew Shapiera led the way with five goals, Larry Miscio added four and Darryl Ward had one. The bantams next contest is in Innismore.



FORMER film star Janet Gaynor plays an 80-year-old eccentric who has a romantic fling with a 19-year-old in the Broadway play, "Harold and Maude," based on the cult film of the same name. Harold is played by Keith McDermott who starred in "Equus."

Minden Rec. Committee meets

MINDEN — The third meeting of 1980 for Minden's Recreation Committee met on Feb. 19th at the community centre.

The secretary-treasurer of Minor Hockey, Mrs. Shirley Howe, presented a financial report to date. The committee was concerned with respect to ice cancellations and it was agreed the arena manager, Brian Sisson and the MMHA executive would negotiate a payment schedule.

A letter was received by the committee from the Rotary Club requesting that their weekly bingo night be changed from Tuesday to Thursday. The committee agreed to change the contract to Thursday.

The committee instructed Mr. Sisson to investigate the costs of replenishing the depleted inventory of cutlery, bowls and serving pots and to purchase the necessary items at the best possible price.

Two new members were appointed to the committee being William Everson, Ingoldsby and Ken Bannon of Carnarvon.

The arena manager was directed to investigate the cost involved to install a heavier electrical circuit to handle a larger time clock and to enquire about sponsors re: the clock.

The manager advised that new doors were required on the auditorium and the installation of the doors in the downstairs lobby area would act as an energy saver. Estimates are being called for prior to preparing the new budget.

The committee agreed that representatives from both men's and ladies ball leagues be invited to attend the next meeting to discuss the upcoming season.

On Sports

BY JOHN DALTON

The rest of the world calls it football — a/k/a *foetbal*, *fuotbol*, *voetbal*. And most foreigners care little about U.S. soccer.

Yet America's day is coming. Maybe sooner than later.

The North American Soccer League is making big plans. It's not the World Cup. Not yet, at least. But who knows? Things could get interesting.

Four countries — America, Britain, Canada and Italy — will be part of the Trans-Atlantic Challenge Cup 1980, the first competition of its kind.

Participating in the May 21-26 tournament are two NASL teams — the Vancouver Whitecaps and the New York Cosmos — along with two top foreign teams — Arsenal of the English First Division and Roma of the Italian League.

As Soccer Bowl '79 champ, Vancouver got the nod to represent the NASL. And the Cosmos had topped the NASL with a 24-6 record and 216 standings points.

"This tournament will enhance the level of play in our league in the eyes of the rest of the soccer world," claims Ahmet Ertegun, Cosmos president.

The Trans-Atlantic Cup schedule is: Wed., May 21 — Arsenal at Cosmos, Roma at Vancouver; Sat., May 24 — Arsenal at Vancouver, Roma at Cosmos; Mon., May 26 — Arsenal vs. Roma, and Vancouver vs. Cosmos (at Giants Stadium).

"We would hope, in future

years, to expand the scope of this tournament to involve more NASL clubs and other teams throughout the world," explains Phil Woosnam, commissioner of the league.

The Trans-Atlantic championship will be decided on the European system, with two points for a victory, one for a tie and none for a loss. If necessary, tiebreakers will be based on goals differential.

The 1979 F.A. Cup champ, Arsenal defeated Manchester United 3-2 last season with the help of goals by Brian Talbot and Frank Stapleton. United tied the contest, but Alan Sunderland scored in the 89th minute for the triumph.

Liam Brady, called by many the finest midfielder in the world, David O'Leary and Frank Stapleton are other stars for Arsenal.

Founded in 1927, Roma features such outstanding players as Romeo Benetti, Francesco Roca, and Agostino Di Bartolomei. Roma's manager is Nils Liedholm.

"We are looking forward to meeting such top-level first division clubs as Arsenal and Roma," notes John Rest, president of the Whitecaps.

The Cosmos, veterans of major foreign exhibition tours, are, perhaps, the U.S. team known best to foreign soccer fans. It was the Cosmos who lured Pele, the Brazilian star, to the United States to finish his career.

"Over the years the Cosmos have made a concerted effort to bring quality world-class soccer to the United States," reminds Ertegun.

Next step is to bring quality U.S. soccer to the world.

THE ABOVE COLUMN IS BROUGHT TO YOU BY:

PRENTICE ROADS LIMITED

"YOUR SNOWMOBILE HEADQUARTERS IN THE HIGHLANDS"

HWY. 35, SOUTH OF MINDEN

286-2750

Go'doo it.

ski-doo
World's #1 selling snowmobile.

CARE

with all your heart...

Your gift to CARE can provide nourishing food for infants, pre-school and school-aged children, day after day, to prevent and overcome the devastating effects of malnutrition; plus information for their mothers on nutrition, hygiene, sanitation and family planning. Send your donation to-day to

CARE Canada

Dept. 4, 1312 St. St. Ottawa K1S 5H7



If fitness is a distant goal, consider this: you can walk all the way.

PARTICIPATION



Panoramic view of Bombay from the Malabar Hills.

Bombay — India's Commercial Capital

Visitors to Bombay will find downtown, high-rise buildings and lovely suburbs similar to those of big cities in the west. But the resemblance ends here. Despite the industrialization, Bombay is a place in which you'll find ancient horse-drawn victorias, performing monkeys, double-decker buses, isolated fishing villages that seem untouched by time, a major railway station built like a gothic cathedral and, above all, a colourful, mind-boggling assortment of people.

The junction of many international air and sea routes, Bombay is an industrial complex connected by air, rail and road to all major Indian cities. But this cosmopolitan city was once "Mumbai", an archipelago of seven islands on the Arabian Sea, inhabited by fishermen. In the early 16th century Portugal took possession of Mumbai and renamed it "Bom Bahia" — the beautiful bay. It was given to King Charles II, as part of a dowry, when he married Catherine of Braganza, the Portuguese princess. After the English came, the islands were joined and the trading posts of the 16th century paved the way for Bombay to become the commercial capital it is today.

Bombay today, seems different from the rest of India. Its position as a commercial centre has drawn people from all over the country. The fusion of millions of people, speaking different languages, belonging to different faiths and following different customs has given Bombay a distinctive and delightful character all its own.

Each community has contributed to the overall identity of the city. You can see their individual influences in Bombay's trade and industry, architecture, performing arts, handicrafts, cuisine and fashions. English, Hindi, Gujarati and Marathi are the four languages most commonly heard in Bombay. If you have a good ear for languages however, you may be able to distinguish unfamiliar sounds in the babel. They probably belong to one of the remaining 11 languages or 700 dialects spoken in India.

Bombay is at its best between November and February, the cool season, when the average temperature is around 24 c. In keeping with its rapid growth, Bombay has some of the best hotels in India. The Taj Mahal, a luxury-class international hotel, is as fancy as the Ritz and in Bombay, as famous as the original Taj Mahal. There is an excellent selection of hotels, ranging from the elegance of the Taj to basic, but clean, shoestring-budget delights.

Of India's "big four" — Bombay, Delhi, Madras and Calcutta — Bombay is the most westernized city. English is widely spoken. Western

music, books and clothes are extremely popular. Discotheques are a vital part of Bombay's social life, and movies from the west draw enormous crowds. However, custom and tradition still play a major role in the lives of most people. You might see a group of businessmen at lunch, dressed in suits and speaking perfect English, yet, each will go home to a lifestyle completely different from that of the others.

Traditionally, parents of young men and women of marriageable age arranged suitable matches for their children. Even today it is estimated that over 90% of all marriages are arranged. Indian weddings are elaborate, festive and colourful occasions with the entire family and all close friends gathering together for the celebration. Basic marriage vows are similar to those in the west, with the couple promising to love and cherish each other for the rest of their lives. The rituals, however, differ from region to region and from one faith to the other. Indian Christians usually have church weddings, but the brides wear a white sari instead of a gown. Hindu weddings are solemnized at a Vedic ceremony in front of the sacred fire. The priest speaks in Sanskrit, a classical language like Latin, and follows rituals that go back several thousand years. Among Muslims, the bride and groom take their vows in different halls — the bride with women and the groom with men. Parsees, a relatively small community of Persian origin, follow the Zoroastrian faith. Their wedding ceremonies incorporate their customs with Indian traditions.

Hindus believe in cremation, and Muslims and Christians in burial. Members of the Zoroastrian faith hold fire and earth to be sacred, and believe that cremation or burial pollutes these elements.

Therefore, they dispose of their dead in the "Towers of Silence". These tall, cylindrical towers and the surrounding park are enclosed by a high wall. Special bearers leave the dead at the top of one of the open towers and the bodies are rapidly consumed by vultures. After a few days the skeletons are disposed of in the tower's well, conforming to another Zoroastrian tenet: rich and poor shall unite in death.

Since people of so many different religious persuasions live in Bombay, it follows that there are different places of worship for each one. You can visit the Mahalakshmi Temple, a Hindu edifice dedicated to the goddess of wealth, and then walk across the Haji Ali's Tomb, a Muslim shrine. From the tomb you can see the Worli Buddhist Temple across the small bay. There are Roman Catholic, Protestant and Presbyterian

churches, Jain and Zoroastrian temples and many more. Every religious faction is well represented in this city.

The Gateway of India on the water-front is Bombay's most famous land-mark. The archway was built to commemorate King George V's visit in 1911. The Gateway, following the pattern of cultural integration, is a fusion of Islamic and Hindu architectural styles. The Prince of Wales Museum, just a short walk away, has a fascinating collection of rare Mughal paintings, beautiful jade and crystal, and interesting natural history specimens. The adjoining Jehangir Art Gallery holds exhibitions of paintings by contemporary Indian artists. The Victoria and Albert Museum in Byculla is the oldest one in Bombay, containing exhibits that relate mainly to Bombay and Western India.

A ferry will take you from the Gateway to the cave temples on Elephanta Island. These Hindu temples, believed to date back to the 7th century, have been carved out of sheer rock. The temples are dedicated to Lord Shiva, and the sculptures inside represent his many manifestations. In one powerful carving he is depicted as the Hindu trinity: Brahma the Creator, Vishnu the Preserver and Shiva the Destroyer. The Kanheri Caves, numbering over 100, are about 30 miles away. They are believed to have been built by Buddhist monks in the earliest days of rock-cut architecture, between the second and ninth centuries.

Bombay has several sandy, crescent-shaped beaches. The two-mile-long Juhu Beach, just 12 miles from downtown Bombay, is a lovely spot to spend a few days. There are many good hotels in the area.

The less crowded Versova Beach, close to Juhu, stands next to a typical Indian fishing village barely touched by the rapid pace of the 20th centuries.

Bombay turns out more movies per year than does the United States. You'll find the movie star mania very much in evidence in Bombay. Huge billboards all over the city advertise the latest films. A major traffic jam could be the result of devoted fans trying to catch a glimpse of an actor or actress in a car at the traffic lights. By and large, films are made to appeal to the masses. Hapless heroines suffer as life leads them through several complicated twists of luck and fate, brightened by dance and music, which end with the heroes triumphing and the villains languishing in jail or suffering deserved punishment.

Shopping in Bombay is an unforgettable experience. Stores stock goods from all over the country and the variety is immense. You'll find beautiful ready-made clothes in the smart boutiques. If you prefer the personal touch, India is a country in which you can afford to buy several yards of printed silk, fine muslin or hand-loomed cotton, and have a tailor convert it into just about anything you fancy. Bombay is a good place to buy leather goods, silver and gold jewellery, precious stones, woodcarvings and brassware, and a variety of exquisite handicrafts. The best part is that you can do it all without going bankrupt! Shopping in government emporia, large stores and boutiques is enjoyable, but you miss the essence of Bombay if you don't visit Jhaveri Bazaar, the traditional silver market, or Chor Bazaar, the "Thieves Market", where you can put your bargaining abil-

ities to the supreme test.

Bombay has a lot to offer to the visitor. The scenes and sounds of Bombay life are fascinating. Whether you're a seasoned traveller or a first-timer, you'll find Bombay an experience in variety, colour and constant surprises.

SLEEPY DRIVERS

REST IN PIECES

20% OFF

ALL

Hockey Sticks

IN STOCK!

at



MAIN STREET MINDEN

Don Barker
Heating Sales & Service

489-2004

Wood & Oil Furnace Installations - Wood Stoves
Insulated Chimneys - Oil Tanks - Air Conditioning

24 HR. OIL BURNER SERVICE

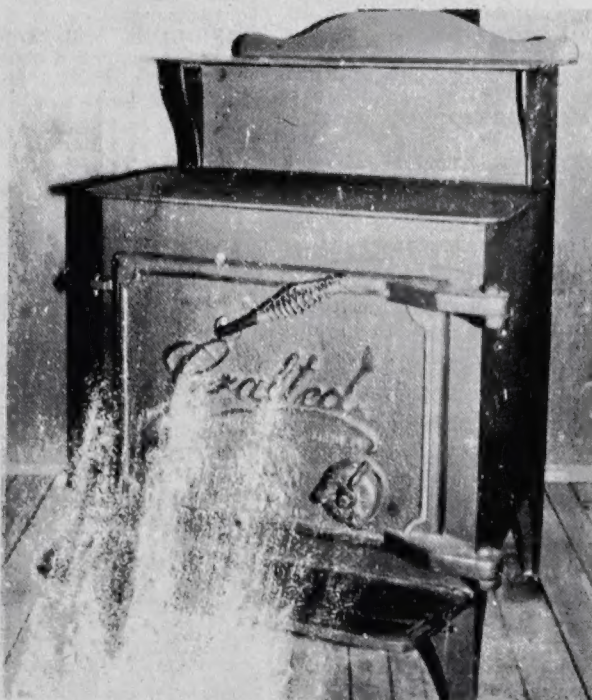
20% OFF

INSULATED CHIMNEYS

20% OFF

**CRAFTED WOOD STOVES
AND
FIREPLACE INSERTS!!**

Visit our showroom
on Hwy. 35 just 3
miles north of
Carnarvon.



Skills Training Program Upgraded

The Ontario Government will put more money and manpower into its skills training program, the office of Colleges and Universities Minister Bette Stephenson announced last week.

Dr. Stephenson, in a release issued from her office, said that Ontario has allocated \$5.3 million to skills training and that her Ministry will add 100 staff to its apprenticeship and manpower training programs.

"The lack of skilled employees, particularly in the metal-working industry, is retarding Ontario's economic growth. For example, in the metal-working industry, there are severe shortages of the tool and die makers, machinists, and mechanics," she said.

Dr. Stephenson said that it is expected that the additional resources will encourage and assist employers to create about 5,000 training positions.

"The addition of \$5.3 million and 100 staff to the skills training program reflects the government's commitment to help employers resolve their skills shortages through on-the-job training," she said.

The \$5.3 million, allocated from the government's Employment Development Fund, will support four initiatives:

- Communities will be assisted to establish and maintain Community Industrial

Training Committees. CITCs consist of representatives of labour, management and education; they assess skills shortages and develop programs to resolve them. It is expected that the number of CITCs will increase from 40 to 60.

- Consultative and support services will be provided to employers. Tests to determine employee skills will be developed, as will curriculum for on-the-job training

programs. Further, programs to teach employers effective instructional techniques will be developed.

- Supplemental funds to compensate employers for some of the costs they incur in operating on-the-job training will be provided. Cost often include instructor time, machinery time, consumed materials, training aids and training consultants. This fund will supplement federal contributions to skills training.

- In certain locations the lack of training equipment and facilities is inhibiting the establishment of training programs; \$2,000,000 has been allocated to fill this need.

In addition to the \$5.3 million for Employer-Sponsored Training, 100 persons will be recruited for the College Affairs and Manpower Training Division of the Ministry. The additional staff will reinforce the Division's apprenticeship and Employer-Sponsored Training programs and allow the Ministry to increase its efforts to encourage employers to offer apprenticeship opportunities and in directing prospective apprentices to them.

MTC energy conservation saves 3 million litres

TORONTO — The Ontario Ministry of Transportation and Communications saved an estimated three million litres of fuel in the operation of its fleet in 1978/79 as a result of energy conservation measures introduced primarily over the last five years, said MTC Minister James Snow.

"We accomplished this significant saving by switching to smaller vehicles and using diesel engines in trucks and other maintenance equipment," explained Snow.

The Minister pointed out that by replacing gasoline-powered snowplow trucks with five-ton diesel-powered vehicles — a practice begun in 1974 — MTC saved 1,720,490 litres of fuel alone last year.

But other equipment changes have resulted in significant savings as well, he added.

In 1974, MTC began substituting compact cars for full-sized cars, a change that resulted in a saving of 160,832 litres of fuel last year. A total of 39,000 litres were saved by the gradual replacement of gasoline-powered

shoulder graders with diesel-powered machines, a change introduced in 1975.

The remainder of the total estimated fuel saved — 1,150,000 litres — Snow attributed to "replacing three and four-ton Ministry trucks with half-ton and five-ton trucks. The five-ton trucks have the same fuel consumption per mile, but a much lower fuel consumption rate per ton carried."

In addition to the equipment changes, MTC has also put together a fuel conservation program to be presented to all MTC operators in the province.

"The aim of this program is to teach operators fuel-saving driving techniques and convince them of the importance of using such techniques in their day-to-day operations," the Minister said.

In a Ministry of Energy policy document, *Energy Security for the Eighties* issued last October, the target for Ontario of zero growth in crude oil consumption by 1985 was established. While that policy paper stated that an effective crude oil con-

servation strategy must address all sectors, it pointed out that "the transportation sector is particularly important because of the large amount of petroleum products consumed and also because most vehicles cannot readily use other types of energy."

Energy Minister Robert Welch praised the conservation efforts of MTC as part of a wider Government energy conservation effort.

"I believe the Ontario Government has made an impressive start at conserving energy in its buildings, vehicle fleets and other operations. The Ministry of Transportation and Communications should be proud of its savings to date, and I look forward to hearing of further savings as a result of its operators' information program," he said.

Snow concluded: "I think the measures I've outlined demonstrate that we at the Ministry of Transportation and Communications are doing our part in this vital area of energy conservation."

Game bird preserves are allowed year round season

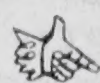
Owners of private game bird preserves, where demand for their services makes it financially beneficial to release birds the year round, won't be restricted to the usual March-31 season closing date, Natural Resources Min-

ister James Auld announced today.

"Extension of the validity of pertinent hunting licences to August 31 next following date of issue has two advantages," said Mr. Auld.

"It will benefit game bird

preserve owners financially when they can release bobwhite quail, pheasants and wild turkeys all year, and also allow hunters and their dogs a longer season to pursue their sport."

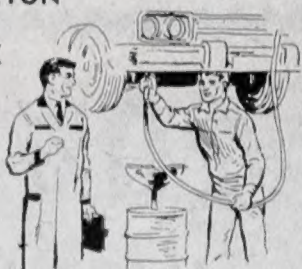


BUSINESS DIRECTORY

McGuire Tire Sales Ltd.
HALIBURTON

Complete Line of TRUCK
TIRES, PASSENGER
TIRES & OFF ROAD.

For reliable service call,
457-1258



FAST LUBE, OIL CHANGES & FILTERS!!

• CARPETS •

PROFESSIONALLY INSTALLED

FREE ESTIMATES

DOUG JOHNSON

Saskatchewan Lake RR 2, Minden

Telephone 489-2163



ASSOCIATE

**Minden Marine,
Automotive & Shell**



286-1011



MODERN ELECTRIC

Wm. Payne & Son Ltd

BILL AND

WARREN PAYNE

Telephone: 286-1280



Samantha
READS YOUR STARS

Put all the four-letter words together and you can have a reasonable approximation of some best-sellers.

If you were born this week: Your mind absorbs any and all knowledge, including trivia; so you should be rather careful of the quality of 'food' that you feed it. You have a lot of imagination and are likely to have artistic ability. You are intuitive, empathetic and sentimental.

ARIES (3-21/4-19): Although you're anxious to expand your base of operations, Aries, the time is not quite right. Instead, shore up the ground you've already attained. This is also a good week to clean closets, mend fences and review your position. Full moon may see you doing a double-take.

TAURUS (4-20/5-20): A call could reopen an old subject. Don't let ancient history get you down, Taurus. Learn from the past, then set your sights for the present and the future. Later, company finds your charming hospitality at its usual best. Cupid brings days to a rousing finale.

GEMINI (5-21/6-20): You may feel at sixes and sevens for awhile, Gem. You can look for affairs to show only a snail's pace progression. In fact, there may be times when just maintaining status quo will be an accomplishment. I'm sorry about this, angel. Hang in there. Things will improve, I promise.

MOONCHILD (6-21/7-22): Sometimes a mental breakthrough can present you with more questions than answers. No matter, Moonbeam, you've still taken a step forward. Give yourself time to digest that new material and you'll find the answers.

LEO (7-23/8-22): A proposal project could be delayed as one or both parties begin to have second thoughts. Share your feelings with one close to you. After all, Leo, you're a lion, not a clam! Finally, try to keep your wallet closed.

VIRGO (8-23/9-22): Good friends are important to you. Enjoy the warmth of these very precious relationships in the week ahead, Virgo. Do be sure not to over-extend yourself with projects. Even your energy has a limit, sweetie!

LIBRA (9-23/10-23): Current work effort receives a boost toward completion. Then, limit your social scene to intimate gatherings, Libby. Big bashes are for the birds right now. Latter days are inclined to stew; keep busy instead.

SCORPIO (10-24/11-22): Creatively speaking, you're really clicking this week, Scorp. Raid the attic, for some of your best ideas may well be old ones. Later, modesty is becoming, but you don't have to hide your light completely!

SAGITTARIUS (11-23/12-21): This could be one of those weeks, Saj. See the message to Gemini for the messy details. By the way, why don't you find a local Gem? You two may start out just commiserating with each other, but you'll shortly change that tune to a light fandango!

CAPRICORN (12-22/1-19): People to meet and places to go are your agenda in the coming week, Cappy. Your perceptions of others' motives could be clouded, so try not to make any hasty judgments. Later, build a cozy fire and cuddle.

AQUARIUS (1-20/2-19): This isn't the time to wheel and deal, Aquari. If possible, avoid major financial moves, especially those involving others. Your week also holds a meeting with a charmer — unfortunately, he's mainly bluff and flattery without much substance. Definitely not to be taken seriously!

PISCES (2-20/3-20): Your self-image is apt to be on your mind this week, Pisces. And, with this being your birthday season, treat yourself. Try a new hairstyle, add something smashing to your wardrobe — whatever strikes your fancy.

Fight Them All

Heart Attack, Stroke
High Blood Pressure
Rheumatic Fever

Help your Heart... Help your Heart Fund



Canadian Comment
BY PETER WARD

OTTAWA (SF) — We don't usually hear much about the operations of the RCMP's special squad for spy-watching in the capital. There's plenty for the counter-spooks to do.

The Soviet Embassy and most of the other Communist nation embassies indulge in the illicit collection of intelligence in an almost blatant fashion. The RCMP officers charged with discouraging this sort of activity don't always get the response they'd like from their political masters when they prove a case. Sometimes things get cooled down by the politicians; sometimes they get turned off by Canadian External Affairs people.

The most recent counter-spy case resulted in the expulsion of three Soviet diplomats who were buying secrets from a U.S. citizen, who was delivering his information to the Soviets in Canada, through the use of things like hollowed out lipstick tubes, empty cigarette packages, and parked cars. All in the finest of James Bond traditions.

The RCMP "watchers," it seems, spotted the U.S. defence industry expert meeting with the Soviets sometime in the spring of 1978, and reported to the FBI, who confronted the American. He then agreed to cooperate, and the information he supplied to the Soviet

spies was doctored by the good guys. The Soviets paid something like \$20,000 for bum information.

What is upsetting about this case is that the operation was mounted by the Soviets a mere two months after 13 Soviet diplomats had been expelled for trying to bribe an RCMP counter intelligence officer. The Soviets were warned at that time to cease and desist, but obviously the admonition had no effect.

Surely it's time we got really tough. The Soviets, among other things, insist that all the staff of their embassy and consular establishments in Canada be Soviet citizens. Fair enough, you might say. They don't want in-house secrets leaking out.

But in the Soviet Union, the Soviets insist that Canada's embassy employ only Soviet citizens, for things like cleaning staff and chauffeurs. We meekly go along with the requirement. Surely in the present atmosphere, in light of the latest spy caper, we should stop being such patsies.

Tell the Soviets to go to hell. If we can't have Canadians and only Canadians working in our Moscow embassy, let's shut the thing down and kick them out of here. It sure would save the RCMP counter spy squad a passel of work.

Advertising... points the way to better buys.

CLASSIFIED ACTION ADS

FOR SALE

FOR SALE

FOR SALE

FOR RENT

Coming Event

SERVICES

CARPET & UPHOLSTERY CLEANING
by DURACLEAN Services
absorption process.
Wool and velvets are our specialty!
Telephone: 286-2883 for a FREE estimate.

1971 SKIROULE snowmobile, twin, ex. cond., \$250. call 457-1247 or 457-2434 after 6 p.m. (7)

5 ft. Bar, 2 stools and bar sink, \$150. Call 754-2394. (7)

THE PAPER TRUCK
mobile wall coverings showroom. Phone 286-2255
See the best wallcoverings in your own home.
— CALL NOW —

1 used Frigidaire FRIG — 16 cu. ft. in Coppertone, \$299.95. Phone 457-2167 after 6 pm. (7)

1978 GMC 4 wheel drive 1/2 ton for sale. Heavy duty suspension, short box, automatic, ps, pb, 350 V8, on road off road tires, roll bar, brush grille guard, AM 8 truck stereo radio and CB radio. Immaculate condition low mileage, one owner, rustproofed, certified. Call 489-2157 after 6 pm. (9)

1978 GMC 4 wheel drive 1/2 ton for sale. Heavy duty suspension, short box, automatic, ps, pb, 350 V8, on road off road tires, roll bar, brush grille guard, AM 8 truck stereo radio and CB radio. Immaculate condition low mileage, one owner, rustproofed, certified. Call 489-2157 after 6 pm. (9)

1978 GMC 4 wheel drive 1/2 ton for sale. Heavy duty suspension, short box, automatic, ps, pb, 350 V8, on road off road tires, roll bar, brush grille guard, AM 8 truck stereo radio and CB radio. Immaculate condition low mileage, one owner, rustproofed, certified. Call 489-2157 after 6 pm. (9)

1978 GMC 4 wheel drive 1/2 ton for sale. Heavy duty suspension, short box, automatic, ps, pb, 350 V8, on road off road tires, roll bar, brush grille guard, AM 8 truck stereo radio and CB radio. Immaculate condition low mileage, one owner, rustproofed, certified. Call 489-2157 after 6 pm. (9)

OIL STOVE, all pipes incl., good cond., \$30. Phone 286-2445. (6)

Massey Ferguson 30 tractor, good cond., \$750. Call 286-2182. (8)

INSULATION
blown in walls & attics
Gov't. C.H.I.P. Plan available.
ALCAN ALUMINUM
SOFFITS-SIDING, FASCIAS
SPANISH & TUDOR
STUCCO
REAL STONE FACINGS
(NO LEDGE REQUIRED)
DRY WALL TAPING

Galaxy Construction
BOX 903, HALIBURTON

447-2191

ALL WORK GUARANTEED
IDEAS & ESTIMATES
FREE

FIREWOOD for sale, delivery or pick-up, phone 286-2937. (6)

1978 HONDA, 185cc, custom paint job, 5000 km, asking \$850 or best offer. 454-3967 after 6 pm. (6)

Titan piano ACCORDIAN—black and silver, A1 cond., plus 1-3 drawer and 1 cupboard desk. Call 454-8574. (6)

Audiovox car cassette deck with 2 Audiovox 3 way speakers and head cleaner kit, never been used in car \$135.00. All wiring included call 489-2036 after 6 pm (8)

1 Snowmobile Suit, like new size 14. Call 286-1807 (7)

WEIGHT SET: includes 2, 25 lb, 6, 10 lb, 4, 5 lb, 4, 2 1/2 lb. and dumb bell and barbell, \$50. Call 489-2036 after 6 pm. (9)



JOHNSON—Ray and Chris of Boskung Lake Road are happy to announce the safe arrival of their son,

NATHANIEL RAY,
8 lbs, 7 1/2 oz. on Wednesday Feb. 20, 1980 at 4:15 p.m. in Haliburton's Red Cross Hospital. Special thanks to Dr. Heyes and the nursing staff and also to family and friends for their pray support. Mom and Dad are fine too — Ray and Chris. (9)

GET PROFESSIONAL carpet cleaning results (AT DO-IT-YOURSELF PRICES)

RENT OUR RINSEVAC—the portable, easy-to-use carpet cleaning machine that gently...

- rinses carpet fibers with hot water and cleaning solution
- loosens and lifts dirt, grime and residues to the carpet surface where they are immediately vacuumed up
- leaves your carpets CLEAN and FRESH!



RINSEVAC
CLEANS CARPETS
CLEANER
KEEPS THEM CLEANER LONGER
Rent for only \$12 a day

Hillside Pro Hardware
Minden 286-1171

IMMEDIATE CASH PAID for pre 1967 Canadian coins Silver dollars, \$10 each; 50c pieces, \$5 each; Quarters, \$2.50; Dimes, \$1.00. Phone 286-2255. (7)

CAR SEAT \$15, guitar and case \$50; 8 track tape player and speakers \$50. Call 286-2316. (7)

1972 METEOR Montega — 75,000 original miles, \$550. (as is). Call 754-2394. (7)

Sunray fireplace. Like new \$250. Call 489-2297 on weekends only. (8)

Single horse sleigh (Cutter) in ex. condition, complete, call 489-2760. (8)

WANTED

WANTED: Instructor and leader for four week swim programme being held in Coboconk (Gull River) during July, 1980. Qualifications — current Red Cross Certification. Please contact Mrs. C. Cross at 454-8778 or 438-3300. (9)

FOR RENT: 4 bedroom house in Gelert on serviced road, wood & oil. Reasonable 457-2586. (3)

FOR RENT — 2 bedroom apartment, close to Haliburton. Heat, hydro, frig and stove included, \$190 month call 457-2793. (8)

FOR RENT — year round home, beach, garden, six acres of woods. Call 489-2297 weekends or (416) 791 3746 weekdays. (8)

Help Wanted

Highlands Little Theatre is now ready to begin its next play. We need your help! Anyone interested with back stage duty or acting, please come to Highlands Crest Sr Citizens Home. For more information, contact Bev Simmonds at 286-2831. (Men needed desperately). (7)

Earth, like the planet Jupiter, sporadically emits low-frequency radio signals which still mystify scientists.

RUG HOOKING SHOW
Elva Hasselfeldt and her friends at Rails' End Gallery, Haliburton, Feb. 26 to March 15th. Workshop Feb. 26 and 27. Free slide presentation on Wed., March 5 from 1 to 2 pm. Everyone welcome. For more information please phone 457-2330. (8-2c)

COMING EVENT
Minden Rotary BINGO begins 8 pm., Thursday, Mar. 6th, 1980 at the Community Centre, Minden. 58 numbers for jackpot of \$250.00. (8,9)

HAVE A GREAT TIME at the Haliburton Minor Hockey Dance in the Haliburton Legion Hall on Saturday March 8th from 8:30 p.m. until 1 a.m. \$8 per couple, \$5 single. (Tickets available at the door). (9)

February is heart month

SEPTIC TANK PUMPING ALL TYPES
Holding Tank Contracts — 24 Hour Service —
JOE RIVERS
286-2057
R.R. 2, Minden

LES SCHELL PUMPING SEPTIC & HOLDING TANKS,
Well cleaning, 2000 gallon capacity, quick quiet efficient service. (17tn)
CALL ANYTIME, 457-1152

Special Notices

HAIRCARE SHOP opening Monday, March 3rd, corner of Hwy. 35 and 530, Carnarvon. Introductory prices in effect for the month of Mar. We would be pleased to be of service to you. Phone 489-3311.

JOAN WOODWARD
MARY BELL

Every year the earth is dusted by four million pounds of meteorites, mostly sand-size. Theoretically, they could bury the world an inch deep — in 5,000 years.

ATTENTION HOUSEHOLDERS
The Highlands Express ACTION AD is here!

Sell your new     
nearly new or used 
WITH AN "ACTION AD" IN THE EXPRESS.

Try it now and get 1 ad FREE!

2 ACTION ADS for only \$2.00

Fill out the forms below, include \$2.00 and send to: The Express, RR 2, Minden K0M 2K0

Your ACTION AD will appear for 2 weeks at NO ADDITIONAL CHARGE! (All commercial ads will carry borders at regular weekly prices.)

Please place my "ACTION AD" in The Express. Enclosed is \$2.00 for my TWO ads.

Name
Address
Postal Code

AD TO READ:

Be sure to put your name or telephone number in your ad also. Maximum words, 15.

Please place my FREE "ACTION AD" in The Express. Tear out both coupons and send to The Express, RR 2, Minden, K0M 2K0

Name
Address
Postal Code

FREE AD TO READ:

Be sure to put your name or telephone number in your ad also. Maximum words, 15.

WANTED TO PURCHASE CEDAR POSTS

The Provisional County of Haliburton Roads Department will accept prices for the purchase of cedar posts, 8' long with 6" minimum top, until February 29, 1980. Please submit price, number available, and location of delivery or pick-up to the undersigned.

W. E. Obee, County Engineer
Box 399, Minden, Ont. K0M 2K0
705-286-1762

Red & White NORLAND

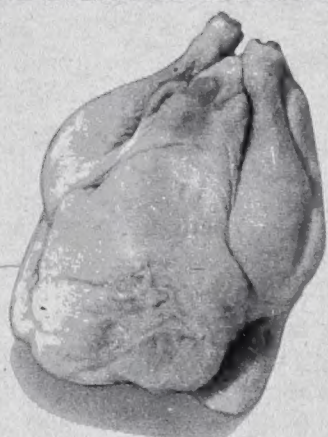
Corner Hwy. 35
& Hwy. 503



Inflation Fighting Specials

STORE HOURS:

Mon. to Wed. 9 am to 6 pm
Thurs. to Sunday 9 am to 9 pm.



Canada grade 'A' eviscerated
2 1/2 to 3 lb. avg.
fresh chickens
lb.

.75

fresh-backs and wings attached
quartered chickens
lb. **.88**

Schneiders chicken, luncheon
pork loaf, macaroni and cheese
dutch, bologna, or headcheese
lunch meats 6 oz. pkg. **.69**

regular, all beef, or thin sliced
Schneiders bologna 16 oz. pkg. **1.58**

Swifts 500gr pkg.
Empire Bacon .89

Schneiders 2 oz. 2 lb. box **3.88**

Swifts 6 oz.
cooked Ham 1.09

Schneiders 16 oz. pkg. **1.78**

SWIFTS golden garlic coil
polish sausage lb. **1.48**

Schneiders 8 oz. pkg. **.95**

Fresh sliced **pork liver** lb. **.48**

meaty, tasty **pork hocks** lb. **.48**

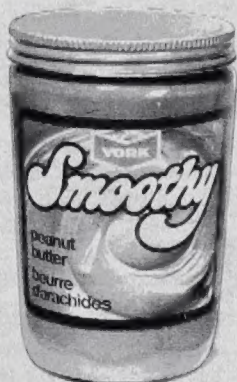
Maple Leaf **cooked ham** 1 lb. tin **2.69**

DAD'S COOKIES, 400gr

Asst. Cream or Choc. Cream Sandwich

with cheese in tomato sauce
Libby's spaghetti 19 fl. oz. tin **.63**

Values effective until closing Saturday, March 1, 1980. We reserve the right to limit quantities. Supplied and serviced by National Grocers Co. Ltd.



York smoothy
peanut butter
1 kg. jar

1.89

with pectin
raspberry or strawberry
Mrs. Lukes jam 24 fl. oz. jar **.99**

Kraft
cheez whiz 500 g jar **1.89**

Neilsons
chunks and peanuts 350 g tin **1.39**



Maple Leaf
tenderflake lard
1 lb. pkg.

.69

Weston
wagon wheels 350 g pkg. **.99**

condensed Ayimer tomato or
vegetable soup 4 10 fl. oz. tin **.99**

Sunmaid
raisins 14 x 12 oz. pkg. **1.19**

Crosby Goldstar pure barbaodes
molasses 675 g cont. **.79**



assorted frozen
Savarin dinners
11 oz. pkg.

.79

Savarin assorted frozen
meat pies 2 8 oz. pkg. **.89**

Welch's frozen
grape juice 12 fl. oz. tin **.89**

Farm House assorted frozen
cream pies 12 oz. pkg. **.89**

Rhodes frozen
bread dough pkg. of 5 **1.69**

frozen Mrs. Smith apple crumb or
apple pie 26 oz. size **1.49**



Sandwich bags
baggies
pkg. of 50

.49



liquid
Mir detergent
2 x 750 mL. cont.

1.39

#1681 refill
Dixie Cups 100 x 3 oz. pkg. **.99**

Knock-out produce values



Home Grown Carrots
2 lb. bag **.29**

Juicy Sunkist Oranges
dozen **1.39**

SPANISH ONIONS
2 pkgs. **.69**

PEI POTATOES
50 lb. bag **2.99**

VISIT OUR LOWER LEVEL,
CLOTHING FOR THE ENTIRE
FAMILY, FOOTWEAR, LINENS, ETC

Baby Bonus cheques
GLADLY ACCEPTED!

CUSTOM CUTTING
15c lb. call 454-3411

Becel
margarine 1 lb. cont. **1.29**

assorted "Flare Top"
McCormicks candy 450 g pkg. **1.29**

assorted granola bars
Harvest Crunch 200 g pkg. **1.19**

Gaines full course
dog dinner 8 kg. pkg. **7.89**

Royale jumbo
paper towels single roll pkg. **.99**

Royale assorted colours
facial tissue pkg. of 60 **.39**

Pepsodent toothpaste 100 mL tube **.99**

Jergens regular
bar soap pkg. of 4 **.99**

liquid cleaner
Lestoil 15 fl. oz. btl. **.79**

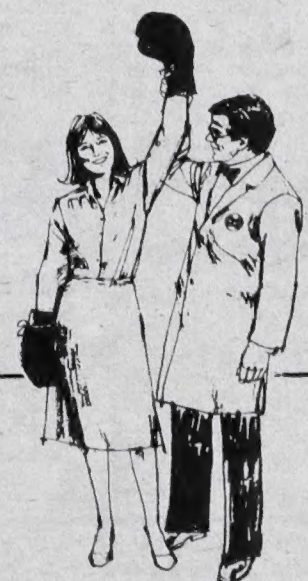
shave cream
Noxzema 200 mL cont. **1.29**

denture tablets
Polident pkg. of 32 **.99**

Hollandia Cookies
prepriced 2 for 1.19

Super Special .99

ABC 6 litre LAUNDRY
DETERGENT **1.99**



**FINAL
Clearance**

WINTER OUTERWEAR: Ski Suits, Jackets,
Parkas, Snow suits, Mitts, etc.

Your choice, boys, girls, ladies or men's
ALL 33% OFF retail value!